

[161] enumeration of the population. My process was to get together several
 [124] of the most intelligent and well-informed men in the district ; cause them
 [211] to compare notes and then to tie a series of knots in stringa as they are
 accustomed to do ; different kinds of knots distinguishing the sexes. Each
 house was counted separately, so that I obtained an exact census of the
 whole country with the following results. This cord census is now in the
 museum of the Smithsonian Institution, with many other articles, illus-
 trating the life and customs of the people.

The population of each district is as follows :

[162]	Tiribi.....	103
	Uren.....	604
	Bri-bri.....	172
	Cabecar.....	128
	The Valley.....	219
	Total.....	1226

This covers all of the water-sheds of the Tilorio and Tiliri rivers except two small bands ; the Changinas on the Changina branch of the Tilorio and a refugee remnant of the Cabecars on the extreme head of the Tiliri. Probably an additional hundred would cover all of these.

On the North or Estrella river, and on the Chiripo, there are a few more Cabecars who have little communication with the headquarters of the tribe, but who are in the habit of going out to Limon or Matina for what little trade they require. These are probably in all, not more than 200 or 300 in number. Nearly all speak Spanish and they are gradually approximating to civilized or semi-civilized ways.

[461] The cause of the rapid decrease in the population is their extreme in-
 [146] dolence. With a country fitted to produce all the fruits of the tropics ;
 [262] where maize grows luxuriantly, and where cattle and pigs increase with-
 out care or labor ; they are content to make plantains their staple, and
 [273] almost their only food. Chicha the form in which most of their maize
 is used, is a beverage very slightly intoxicating, if drunk in large quanti-
 ties, but the amount of nutriment derived from it is unimportant. Meat,
 whether of domestic or wild animals, is a rarity and a luxury, and the
 banana or plantain make up all deficiencies. The natural consequence
 of a bulky and comparatively innutritious diet is a low physical state.
 [147] The system has little resisting power against disease, or healing power
 [164] over wounds. A slight attack of coast fever, which, with an ordinary
 strong man of our own race, would be comparatively harmless, is very
 apt to terminate fatally with these people. Indolent ulcers are so com-
 mon that perhaps a full fourth of not only adults, but even children
 have them, usually on the legs, originating in some slight scratch or
 bruise ; and very few of the elderly persons are without their sores.
 These ulcers often last for years, and I have seen them as broad as the
 two hands opened side by side. Although the local diseases are few, the
 [165] entire absence of medical treatment, the ignorance of the first principles

[P. 100(A)]

Bribri
CabelarFOOD VALUE OF THE PEJIBAYE²

(Guilielma gasipaes Bailey)

Constituents are measured and in quantities of 100 grams.

		Red Variety	Yellow Variety
146 262	Humidity	36.4	49.6
	Ether extract	8.17	3.53
	Crude fiber	0.8	1.1
	Nitrogen	0.633	0.401
	Ashes	1.12	0.86
	Calcium	14.4	8.9
	Phosphorous	55.2	46.1

[Text continues top of p. 100(B)--Analyst]

PLANT LIST WITH USES

BRIBRI

824

	Latin	Use
taLi	<i>Heliocarpus</i>	hammocks, rope,
[283] kúrk	<i>Excelsior</i>	carrying bags
	<i>Cecropia</i> sp.	to make fiber
		(burillo)
akuk-kLo	<i>Croton Glabellus</i>	for incense of copal
[278] kúLi	<i>Cosmos</i> sp.	for fever-mash stem
		and boil
[342] tsichica	<i>Menispermaceae</i>	used in building house
	<i>Aesampeln</i>	instead of nails
[278] tabéchica	<i>Cissus</i> sp.	use whole vine, for
		colds, etc.
dipáchica	<i>Eupatorium</i>	fish poison
	<i>Vitalbae</i>	
duáskLo	<i>Vernonia Patens</i>	to stop nose bleed; use
		leaf

[Text continues middle of p. 100(B)--Analyst]

CABÉCAR

824
278

	Latin	Use
harfo	<i>Phyllanthus</i> sp.	fish poison
	<i>Pittieri</i>	
chao	<i>Serjania</i> sp.	fish poison
	<i>Pothomorphe</i>	boil leaf; bathe chil-
	<i>piperaceae</i>	dren with liquid and
		wrap in mastate to
		cause perspiration
[381] botuLá	<i>Eufobia sapium</i>	glue
chicarté	<i>Bocconia</i>	boil the root and drink
	<i>frutescens</i>	the liquid for stomach
		pains

[Text continues bottom of p. 100(B)--Analyst]

² English: Peach Palm.

[P. 100(B)]

6:Stone E-5 (1956-1959)1962

SA19 Talamancas SA19

Bribri
Cabecar

FOOD VALUE OF THE PEJIBAYE²

(*Guilielma gasipaes* Bailey)

146
262

		Red Variety	Yellow Variety
Iron	mg.	1.16	1.31
Carrotin	"	1.945	1.493
Thiamine	"	.070	.037
Riboflavin	"	.140	.099
Niacin	"	1.945	1.493
Ascorbic Acid	"	22.9	41.4

PLANT LIST WITH USES

BRIBRI

824
[278]

[845]

[272]
[844]

	Latin	Use
chichikagru	<i>Smilax</i> sp.	root is grated, boiled and liquid drunk for Parkinson's disease
apiskicha	<i>Gouania</i>	Mother whose child has died bathes with this. The whole vine is used.
sáiko	<i>Cymbopogon citratus</i>	for tea and washing skin of new born
koko	<i>P. aurinum</i>	for tea and washing skin of new born
fireko	H.B.&K <i>Miconia impatiol-aris</i> D.Don	for tea and washing skin of new born

CABÉCAR

[278]

[386]
[515]
[278]

	Latin	Use
popoli	<i>Protium</i> sp.	boil resin and drink liquid to stop vomit- ing
bólk	<i>Melastomaceae</i> sp.	make red dye from the leaf without cooking it for teeth, mash leaf to clean them
	<i>Solanacia</i> sp.	
	<i>Pepperomia</i> sp.	for heart